# Almond Milk

Almonds are most frequently used to make nut "milk", because their neutral taste can be easily flavoured. However, most any seed of nut can be used: cashews, walnuts, sesame seeds, or sunflower seeds, with resulting differences in colour and taste.

Ingredients:

- **½ cup** raw almonds (or other nuts or seeds)
- **2 cups** water
- **1-2 tbsp** Pure maple syrup or rice syrup (if almond milk is to be used for drinking — omit if used for cooking)

Equipment:

- Jar
- Blender
- *Optional:* Fine Strainer

1. Put the almonds or other nuts or seeds into a jar, cover them with water, and soak the nuts for 12-24h, or seeds for 6-12h. Drain off the soaking water and thoroughly rinse the nuts or seeds.
2. Blanche the almonds in boiling water for 30s. Drain off the water and plunge the almonds into cold water; drain. Squeeze the almonds between your fingertips to remove the skins.
3. Put the almonds/nuts/seeds, ½ cup of the water, and the syrup, if using, in a blender, and blend until smooth; about 1 min. With the machine running, slowly

add the remaining 1½ cups water, and continue to blend for about one more minute.

4. The nut or seed milk can be used as is; if you prefer a smoother texture, separate out the pulp: pour the mixture into a fine strainer and press out the liquid with a spatula.

Nut and seed milks keep 2-3d, refrigerated.

Recipe donated to FNB in 2002 by helennrick@ssm.ca, retrieved in 2022



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